

Sweet Potato , Feta and Ricotta Pie



Serves	Prep Time	Cooking	Total Time	Calories
0 people				498 kcal

Stuff that's in it:

- 250G Ricotta Cheese
- 150G Feta Cheese
- 250G Spinach Leaves
- 2 Cloves Garlic (Chopped)
- 1 Leek (Washed, Sliced)
- 5 Filo Pastry Sheets
- 1 Tbsp Butter (Melted)
- 600G Sweet Potato (Peeled, Sliced Into Thin Discs)
- 1 Egg
- 2 Tbsp Fresh Dill (Chopped)
- 1 Tsp Salt And Pepper

What you do:

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Pre heat oven to 175c (fan assist) □

Start by placing your sliced potato in a pan of hot water and par boil for less than 10 minutes

Drain and allow to cool □

Add a little oil to a large fry pan, heat , add Your finely chopped leek to the pan and gently cook

Star to add the spinach in by handfuls and wilt gently

Take off the heat then in a separate bowl

Whisk the egg then add the ricotta and break up the feta and mix, add the chopped dill, salt and pepper ,

pop the pan of spinach on again to heat up a little , then add the ricotta mix and gently fold in, just warm

enough to get everything mixed

Pat dry the sweet potato then layer it out in the baking dish you are using (I used a round 12" diameter shallow baking dish)

Add the spinach mix on top

Then add a sheet of filo over the top , I cut round mine to make it fit the dish

Then the next layers just gently lay on top crinkled up like corrugated iron

Melt the butter and either spray or gently baste the crinkles so it's all covered

Squirt a little oil if needed too

Slice into 4 then (stops it breaking up slicing once cooked)

Pop into the oven for around 25/30 minutes.

Nutrition

- Carbs: 56g
- Protein: 20g
- Saturated Fat: 12g

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